

Beginner's Checklist

ZERO WASTE

This checklist is designed to help you kickstart your zero-waste journey. Use it as a reference as you transition to more sustainable habits. Remember, small changes add up to a big impact!

1. WASTE AUDIT TIPS

- Set up separate containers for plastic, paper, organic waste, and miscellaneous items.
- Track your waste for one week, noting the type and amount of each category.
- Identify frequently disposed items and think of reusable or sustainable alternatives

3. BULK SHOPPING GUIDE

- Locate local zero-waste or bulk stores.
- Bring your own containers and weigh them before filling.
- Purchase staple items in bulk, like grains, nuts, and spices.
- Use cloth or mesh bags for fresh produce.

2. SINGLE-USE PLASTIC ALTERNATIVES

- Use a stainless steel or glass reusable water bottle.
- Bring a reusable coffee cup for takeaways.
- Use cloth or recycled-material bags for shopping.
- Switch to metal, glass, or bamboo straws.
- Replace plastic wrap with beeswax wraps or silicone covers.

4. DIY HOUSEHOLD PRODUCTS

- All-Purpose Cleaner: Mix 1 cup vinegar, 1 cup water, and a few drops of essential oil.
- Natural Toothpaste: Blend 1 tablespoon baking soda with 2 tablespoons coconut oil and a few drops of peppermint essential oil.
- Laundry Detergent: Mix 1 cup washing soda, 1 cup borax, and 1 bar of grated castile soap. Use 1 tablespoon per load.
- Reusable Wipes: Cut old towels or cloths into small squares to use for cleaning.

5. COMPOSTING BASICS

- Use a small bin with a lid for collecting kitchen scraps.
- Choose a composting method: backyard, vermicomposting, or community composting.
- Compost acceptable items like fruit and vegetable scraps, coffee grounds, and eggshells.
- Turn the compost pile regularly and maintain a balance of greens (nitrogen-rich) and browns (carbon-rich).

7. BUILDING YOUR ZERO-WASTE TOOLKIT

- Keep a set of reusable shopping bags in your car or bag.
- Use glass or stainless-steel containers for leftovers and lunches.
- Carry a reusable cutlery set and straw for dining out.
- Use beeswax wraps instead of plastic wrap for covering food and snacks.

6. SUSTAINABLE FASHION ADVICE

- Choose timeless, versatile pieces made from sustainable materials (e.g., organic cotton, bamboo).
- Explore thrift stores, consignment shops, and online platforms like ThredUp, Poshmark, or Depop.
- Wash clothes in cold water and line dry to extend their lifespan.
- Organize or join clothing swaps to refresh your wardrobe without buying new.

8. COMMUNITY INVOLVEMENT TIPS

- Join local zero-waste groups on Meetup or Facebook.
- Participate in beach or park clean-ups to contribute to reducing litter.
- Support zero-waste policies by writing to local officials.
- Share your zero-waste efforts on social media to inspire others.

Revisit and update this checklist as you progress on your zero-waste journey. Small, consistent changes can lead to significant waste reduction over time. Remember, every step counts towards a healthier planet!